

Bronze Award

Volunteering	Physical Activity	New Skill
3 Months Forest Oak Pupils Volunteered in younger classes across the school, spending 1 hour a week supporting the learning of younger pupils.	3 Months Forest Oak pupils completed the Physical Activity during their PE, spending 1 hour a week playing a team sport that they had chosen.	3 Months Forest Oak Pupils learnt lots of new skills while completing this section. The pupils were split into 3 groups: Secret Garden, Construction and Life skills.

Expedition

2 Days / 1 Night

April – Practice Expedition

May – Assessed Expedition

Forest Oak pupils completed their expeditions in the Peak District.

Day one (9 miles)

The groups walk from Ashbourne (12:00pm) to their campsite (6:00pm) while carrying everything they need on their backs. They set up their tents, cooked their dinner independently and then off to bed (10:00pm)

Day Two (6 miles)

The groups wake up (6:00am), cook their breakfast and pack their tents, clothes and equipment away ready for the day's walk. The groups walk from their campsite (8:00am) to Longcliffe (1:00pm) where they can finally rest.